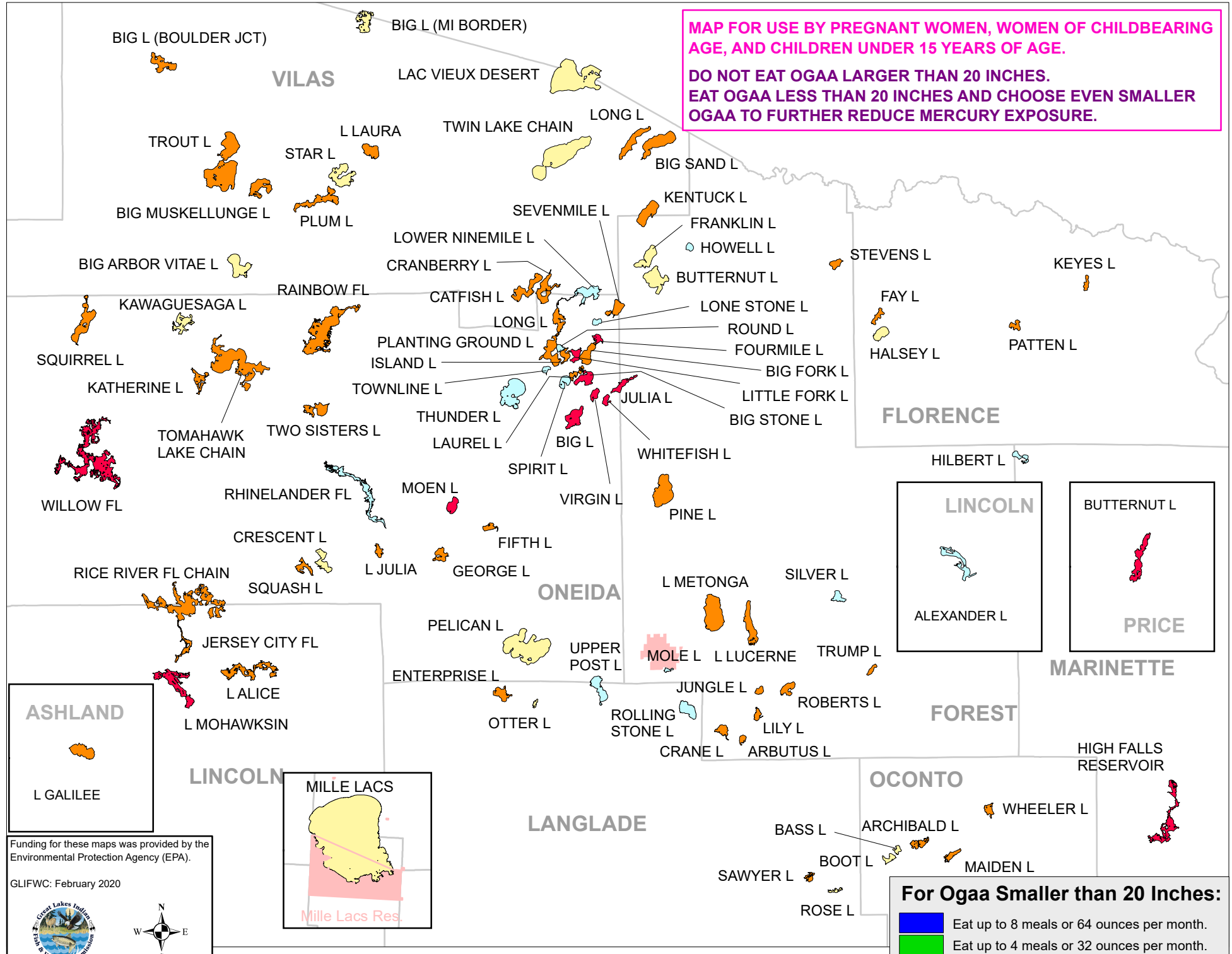


This Map is to Help You Find Safe Ogaa (Walleye) in Lakes Harvested by the Sokaogon Chippewa Community

MAP FOR USE BY PREGNANT WOMEN, WOMEN OF CHILDBEARING AGE, AND CHILDREN UNDER 15 YEARS OF AGE.
DO NOT EAT OGAA LARGER THAN 20 INCHES.
EAT OGAA LESS THAN 20 INCHES AND CHOOSE EVEN SMALLER OGAA TO FURTHER REDUCE MERCURY EXPOSURE.



Funding for these maps was provided by the Environmental Protection Agency (EPA).
 GLIFWC: February 2020

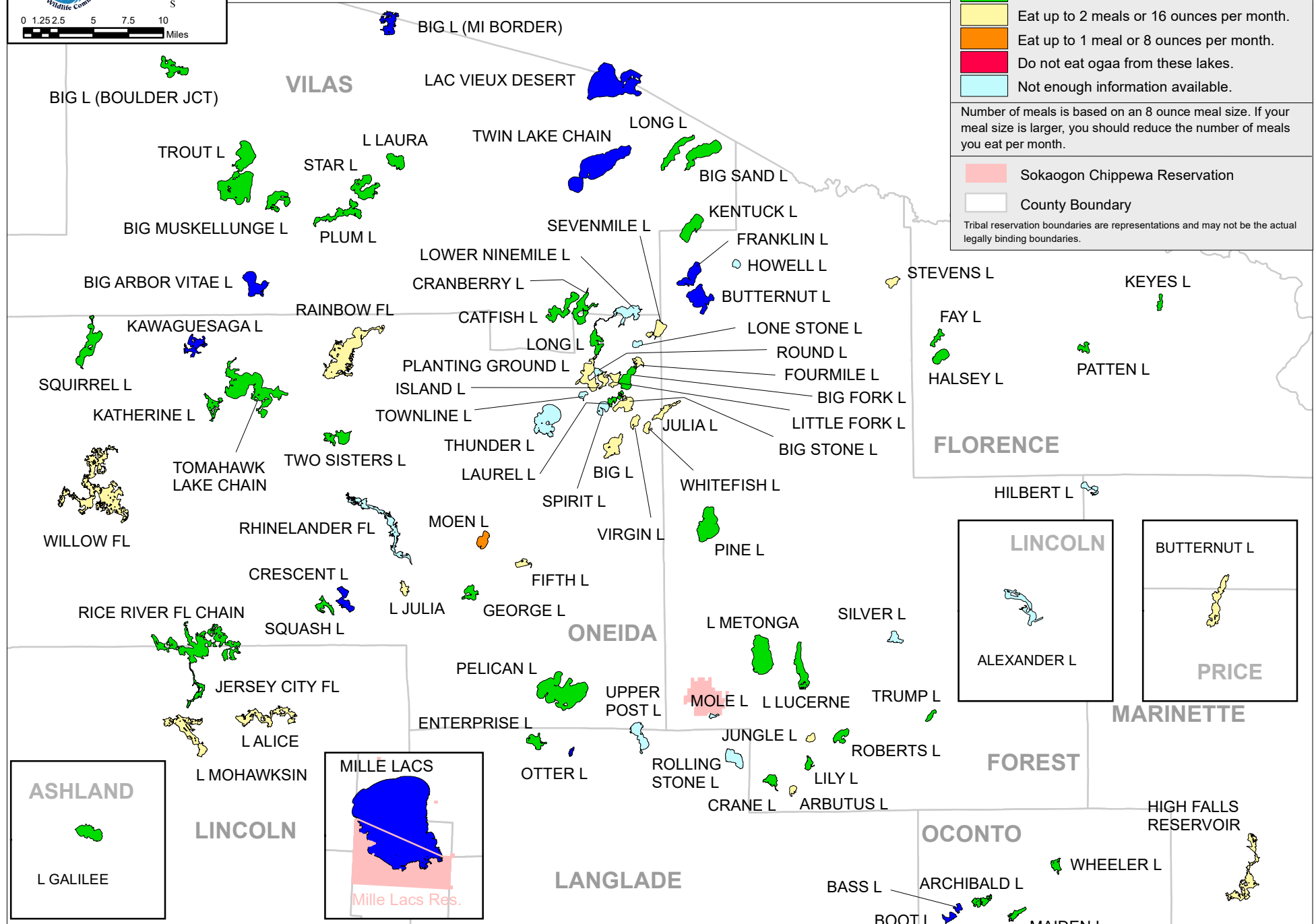
For Ogaa Smaller than 20 Inches:

- Eat up to 8 meals or 64 ounces per month.
- Eat up to 4 meals or 32 ounces per month.
- Eat up to 2 meals or 16 ounces per month.
- Eat up to 1 meal or 8 ounces per month.
- Do not eat ogaa from these lakes.
- Not enough information available.

Number of meals is based on an 8 ounce meal size. If your meal size is larger, you should reduce the number of meals you eat per month.

- Sokaogon Chippewa Reservation
- County Boundary

Tribal reservation boundaries are representations and may not be the actual legally binding boundaries.



MAP FOR USE BY WOMEN BEYOND CHILDBEARING AGE AND BY MEN.
FOR OGAA LARGER THAN 20 INCHES, EAT FEWER MEALS.

Recommended Maximum Number of Oгаа Meals per Month for Lakes Harvested by Mole Lake

SORTING AND LABELING OGAA PRIOR TO FREEZING

When Cleaning *Oгаа*:

- Put *ogaa* under 20 inches in bags labeled “under 20 inches.”
- Put *ogaa* over 20 inches in bags labeled “over 20 inches.”
- Label bags with the lake name.
- Follow the advice below for maximum number of meals per month.

USING THIS CHART TO FIND SAFER GIIGOONH

MAXIMUM NUMBER OF MEALS PER MONTH

Advice is for all lakes combined. For example, if you eat four meals in a month from green lakes you should not eat any other meals of *ogaa* in that month.

MEAL SIZE

Meal size is based on 8 ounces. An average 19 inch *ogaa* will have 8 ounces of meat. If your meal size is larger you should eat fewer meals of *ogaa*. If it is smaller you can eat more meals of *ogaa*.

OTHER GIIGOONH

Giigoonh such as muskellunge, largemouth bass, smallmouth bass, and northern pike will have more mercury than *giigoonh* such as lake whitefish, herring, bluegill, sunfish, crappie or perch. Try to choose safer *giigoonh*.

LAKE	COUNTY	Women of childbearing age and children less than 15	Women beyond childbearing years and men 15 and older
		Maximum number of meals per month	Maximum number of meals per month
ALEXANDER L	LINCOLN	Not Enough Information	
ARBUTUS L	FOREST	1	2
ARCHIBALD L	OCONTO	1	4
BASS L	OCONTO	2	8
BIG ARBOR VITAE L	VILAS	2	8
BIG FORK L	ONEIDA	1	4
BIG L	ONEIDA	0	2
BIG L (BOULDER JCT)	VILAS	1	4
BIG L (MI BORDER)	VILAS	2	8
BIG MUSKELLUNGE L	VILAS	1	4
BIG SAND L	VILAS	1	4
BIG STONE L	ONEIDA	0	2
BOOT L	OCONTO	2	8
BUTTERNUT L	FOREST	2	8
BUTTERNUT L	PRICE	0	2
CATFISH L	VILAS	1	4
CRANBERRY L	VILAS	1	4
CRANE L	FOREST	1	4
CRESCENT L	ONEIDA	2	8
ENTERPRISE L	LANGLADE	1	4
FAY L	FLORENCE	1	4
FIFTH L	ONEIDA	1	2
FOURMILE L	ONEIDA	0	2
FRANKLIN L	FOREST	2	8
GEORGE L	ONEIDA	1	4
HALSEY L	FLORENCE	2	4
HIGH FALLS RES	MARINETTE	0	2
HILBERT L	MARINETTE	Not Enough Information	
HOWELL L	FOREST	Not Enough Information	
ISLAND L	ONEIDA	1	2
JERSEY CIY FL	LINCOLN	1	4
JULIA L (THREE LAKES)	ONEIDA	0	2
JUNGLE L	FOREST	1	2
KATHERINE L	ONEIDA	1	4
KAWAGUESAGA L	ONEIDA	2	8
KENTUCK L	VILAS	1	4
KEYES L	FLORENCE	1	4
L ALICE	LINCOLN	1	2
L GALILEE	ASHLAND	1	4
L JULIA (RHINELANDER)	ONEIDA	1	2
L LAURA	VILAS	1	4
L LUCERNE	FOREST	1	4
L METONGA	FOREST	1	4
L MOHAWKSIN	LINCOLN	0	2
LAC VIEUX DESERT	VILAS	2	8

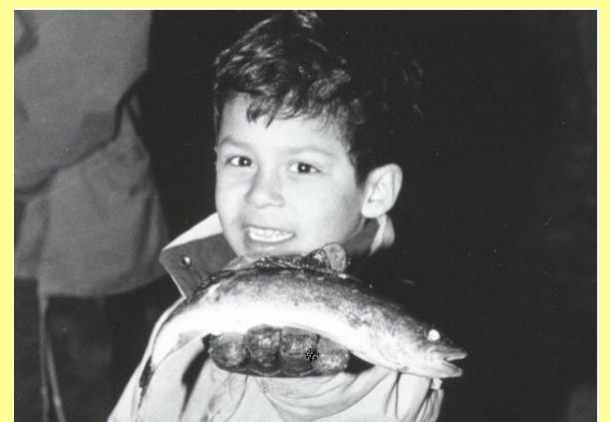
LAKE	COUNTY	Women of childbearing age and children less than 15	Women beyond childbearing years and men 15 and older
		Maximum number of meals per month	Maximum number of meals per month
LAUREL L	ONEIDA	1	4
LILY L	FOREST	1	4
LITTLE FORK L	ONEIDA	0	2
LONE STONE L	ONEIDA	Not Enough Information	
LONG L	ONEIDA	1	4
LONG L	VILAS	1	4
LOWER NINEMILE L	ONEIDA	Not Enough Information	
MAIDEN L	OCONTO	1	4
MILLE LACS	MILLE LACS	2	8
MOEN L	ONEIDA	0	1
MOLE L	FOREST	Not Enough Information	
OTTER L	LANGLADE	2	8
PATTEN L	FLORENCE	1	4
PELICAN L	ONEIDA	2	4
PINE L	FOREST	1	4
PLANTING GROUND L	ONEIDA	1	2
PLUM L	VILAS	1	4
RAINBOW FL	ONEIDA	1	2
RHINELANDER FL	ONEIDA	Not Enough Information	
RICE R FL CHAIN	LINCOLN	1	4
ROBERTS L	FOREST	1	4
ROLLING STONE L	LANGLADE	Not Enough Information	
ROSE L	LANGLADE	2	8
ROUND L	ONEIDA	Not Enough Information	
SAWYER L	LANGLADE	1	4
SEVENMILE L	ONEIDA	1	2
SILVER L	FOREST	Not Enough Information	
SPIRIT L	ONEIDA	Not Enough Information	
SQUASH L	ONEIDA	1	4
SQUIRREL L	ONEIDA	1	4
STAR L	VILAS	2	4
STEVENS L	FOREST	1	2
THUNDER L	ONEIDA	Not Enough Information	
TOMAHAWK L CHAIN	ONEIDA	1	4
TOWNLINE L	ONEIDA	Not Enough Information	
TROUT L	VILAS	1	4
TRUMP L	FOREST	1	4
TWIN L CHAIN	VILAS	2	8
TWO SISTERS L	ONEIDA	1	4
UPPER POST L	LANGLADE	Not Enough Information	
VIRGIN L	ONEIDA	0	2
WHEELER L	OCONTO	1	4
WHITEFISH L	ONEIDA	0	2
WILLOW FL	ONEIDA	0	2

For many native people, *giigoonh* are part of a traditional and healthy diet. If you rely on *giigoonh*, choose safer *giigoonh* with lower levels of mercury by following the advice on this map.

RISKS AND BENEFITS

Risk: Mercury can damage the nervous system, especially the brain. Fetuses and babies are the most at risk because their nervous systems are rapidly developing. Children exposed to unsafe levels while in the womb have been found to experience delayed development in walking and talking, even though the mother was not affected. Mercury cannot be removed by trimming or cooking.

Benefit: Eating even as few as two to three meals of *giigoonh* a month may reduce your risk of death due to heart disease.



If you have questions about finding safer oгаа, call GLIFWC at 1-715-682-6619.

To learn more about mercury in oгаа, visit GLIFWC's website at www.glifwc.org/Mercury/mercury.html